

# MARRIAGE REINTEGRATION WORKSHOP

Chaplain Family Life Center

Ft. Benning, GA

545-1760

For Info or Appointments

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# PURPOSE

To provide couples with a focused time of addressing some of the issues experienced when they are reunited after an extended separation.



# AGENDA

- Communication (PREP)
  - Danger Signs
  - Filters
  - Issues/Hidden Issues
  - Speaker/Listener
  - Problem Solving
- Reunion/Reintegration
  - Expectations
  - Changes
  - Intimacy
  - Children and Discipline
  - Adjustments
  - Finances
  - Forgiveness
- Seven Principles



# COMMUNICATION PRINCIPLES

- LISTEN! LISTEN! LISTEN!
- Make sure you understand what the other person is saying.
- Know what your spouse means.



# COMMUNICATION

- 7% What we say
- 93 % Body language and tone of voice





# Danger Signs

- Escalation
- Invalidation
- Negative Interpretations
- Avoidance and Withdrawal



# One Key Risk

- High Conflict

- *A fool gives full vent to anger, but the wise quietly holds it back.*
- *Reckless words pierce like a sword, but the tongue of the wise brings healing.*



# A Second Key Risk

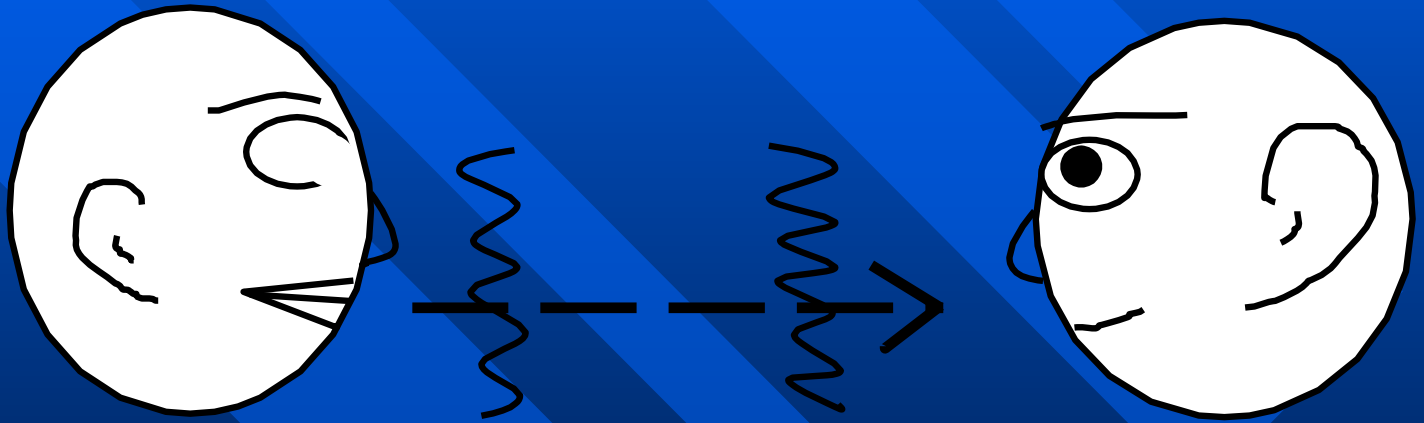
## ■ Avoidance and Withdrawal

- *Therefore each of you must put off falsehood and speak truthfully to his neighbor, for we are all members of one body. “In your anger do not sin”: Do not let the sun go down while you are still angry, and do not give the devil a foothold.*





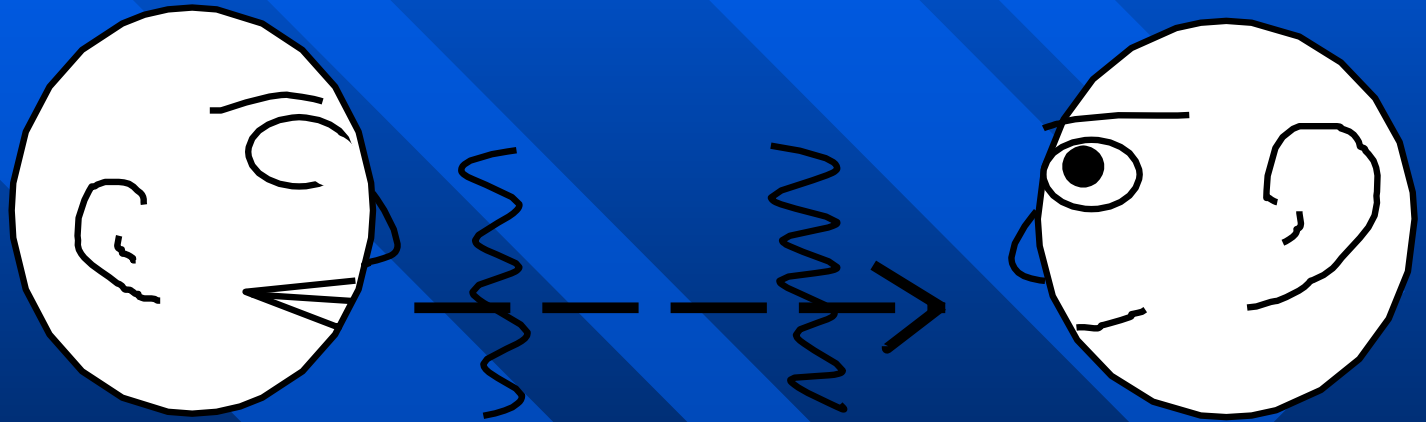
# Filters



- Inattention



# Filters



- Emotional States
- Beliefs and Expectations
- Style Differences
- Self-Protection



# What Can You Do?

- Recognize that all kinds of filters become barriers to intimacy and openness.
- Take responsibility for understanding your filters.
- Don't argue about the past. Deal with the here and now.
- Announce your filters when you know they are there.
- Give your partner the benefit of the doubt. Look for the best, not the worst.



# Creating Structure and Safety

- We will now focus on the Speaker/Listener Technique.
  - A structured way to communicate safely and clearly when you really need to do it well.
  - The technique also is a great way to practice better communication, in general.
  - It counteracts all of the Danger Signs covered so far.



# The Speaker/Listener Technique

## ■ Rules for *Speaker*:

- 1. Speak for yourself. Don't mind read!
- 2. Don't go on and on.
- 3. Stop and let the listener paraphrase.

## ■ Rules for *Listener*:

- 1. Paraphrase what you hear.
- 2. Don't rebut. Focus on what the speaker is saying.

## ■ Rules for *Both*:

- 1. The speaker has the floor.
- 2. Speaker keeps the floor while the listener paraphrases.
- 3. Share the floor.









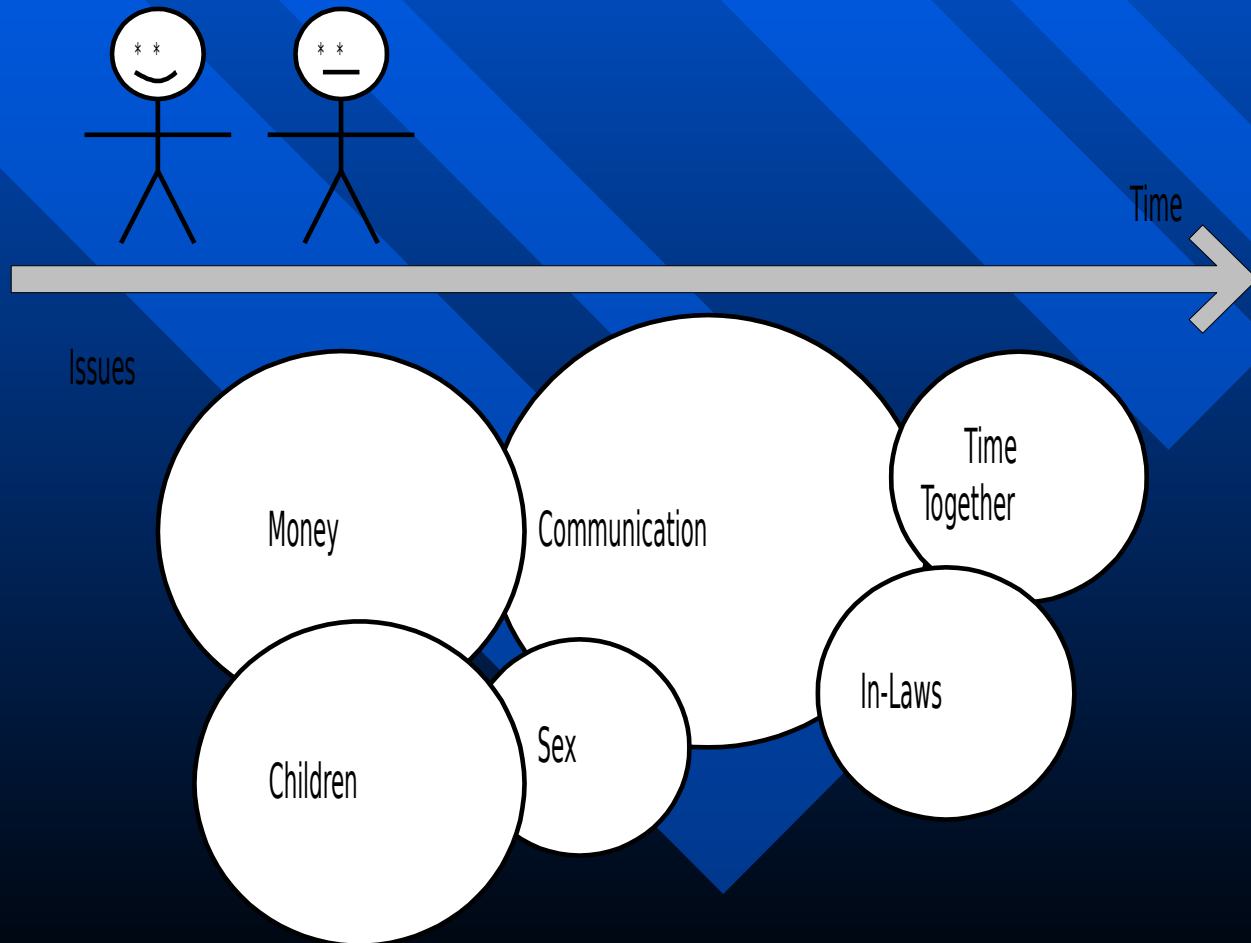


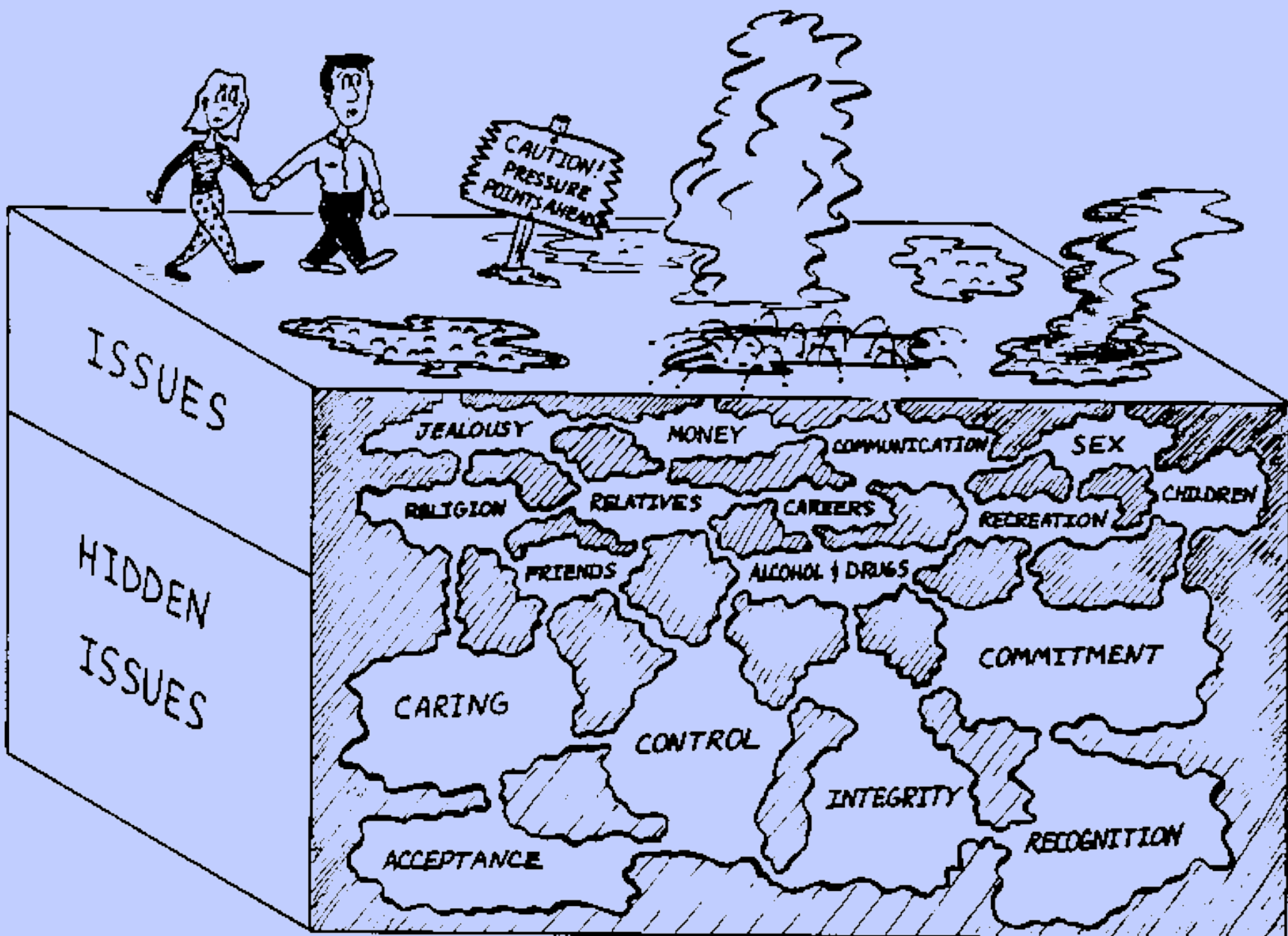
# PRACTICE TOPICS

- What was your favorite age as a child? And why?
- What is your dream vacation? And why?
- What would you do if you had two days to spend \$3,000.00 just for FUN!!?



# Issues and Events Model







# Hidden Issues

- *Control and Power*
  - Who's in charge? Do you feel controlled?
- *Caring*
  - Do you feel loved and cared for?
- *Recognition*
  - Do you feel valued by your partner for who you are and what you do?



# More Hidden Issues

- *Commitment*

- Is your relationship secure? “Are you going to stay with me?”

- *Integrity*

- When you feel challenged in how you see yourself.

- *Acceptance*

- Desire for acceptance and fear of rejection.



# Signs of Hidden Issues

- Spinning Your Wheels
- Avoidance
- Trivial Triggers
- Score Keeping



# Handling Issues and Events

- *Events* are often best handled by observing the Ground Rules, especially the Time Out rule.
- *Issues* can be kept smaller and less negatively charged by regularly dealing with the problems that come your way.
- *Hidden Issues* often respond best to open, safe, and clear communication.



# Three Stage Model

## ■ Problem Discussion

- *Goal: understand and to be understood.*
- *Use The Speaker/Listener Technique.*
- *Create an environment of teamwork!*

↓ **P R A Y E R** ↓

## ■ Problem Solution

- Agenda setting
- Brainstorming
- Agreement and compromise
- Follow-up





# Protecting Your Relationship

- Anticipate problems--it's unrealistic not to expect conflict.
- Take responsibility for your behavior.
- Reinforce your partner's efforts to communicate well.



# Time Out

- When conflict is escalating we will call a “Time Out” or “Stop Action” and either,
  - a) try it again, using the Speaker/Listener Technique
  - b) agree to talk later at specified time about the issue, using the Speaker/Listener Technique.



# Speaker / Listener Technique

- When we are having trouble communicating we will “engage” the Speaker /Listener Technique.



# Problem Discussion / Solution

- When working on a problem, we will completely separate Problem-Discussion from Problem-Solution.



# Not a good time...

- We can bring up issues at any time, but the “listener” can say “this is not a good time.”
  - If listener does not want to talk at that time, he or she takes responsibility for setting up a time to talk in the near future.



BREAK



# REUNION AND REINTEGRATION ISSUES

- Expectations
- Changes
  - Personal
  - Professional
  - Spiritual
- Intimacy
- Children and Discipline
- Adjustments
- Finances
- Forgiveness



# EXPECTATIONS

EXPECTATIONS

≠

REALITY







# EXPECTATIONS

- What were soldiers expectations?
- What were spouses expectations?
- What were children's expectations?
- What actually happened?



# CHANGES

- How did they change personally?
  - Hobbies, friends, interests, etc.
- How did they change professionally?
  - Start a job or quit a job?
  - Promotion?
- How did they change spiritually?
  - Start or stop attending church?
  - Changed beliefs?



# ADJUSTING

- Day for a Day!
- Take it slow!
- Look for positive differences.
- Discuss changes that were made during deployment.
  - Financial, discipline, social, etc.
  - Hair style, weight, diet, school, etc.



# INTIMACY

- Define for male and female.
- What are their expectations?
- What was reality?
- How are they doing at reconnecting in this area?
- What do they want/need from the other?
- It will take time to get to know each other.
- Each couple will move at a different speed.



# CHILDREN AND DISCIPLINE

- What were expectations?
- How did children react?
  - Run and cling
  - Run and hide
  - Uncertain what to do
- EACH CHILD IS DIFFERENT!
- How did discipline change?
- Take time to discuss any changes that were made?
  - What is working?
  - What is not working?
- EASE BACK INTO DISCIPLINE!



BREAK

# ***FINANCIAL DISCIPLINE***



# FINANCES

- What will you do with the money that was saved?
- Did money get saved?
- What changes to budget need to be made now that taxes start coming out again?
- Did the spouse spend the money that soldier thought would be saved?
- Did the soldier spend the money?
- Spend/Save wisely.
- Don't just blow all that extra money.
- Have a plan for spending extra money.
- **DON'T GO INTO DEBT!**





ONE OF THE  
LEADING  
REASONS FOR  
ARGUMENTS IN A  
RELATIONSHIP!



# BENEFITS OF FINANCIAL DISCIPLINE

- You control your money, your money doesn't control you.
- You will have peace in your marriage/home.
- No creditors knocking on your door demanding payment.
- You will have freedom.



# CONTROL YOUR MONEY

- Create a budget.
- Tell your money where to go.



THE RICH RULE  
OVER THE POOR,  
AND THE BORROWER  
IS SERVANT  
TO THE LENDER.

PROVERBS 22:7



## PAY CASH!

You will spend 12% to 18%  
less

when you purchase with  
cash

than with credit cards.



# BUDGETS

- Always changing.
- Tool to help you.
- Control of money.
- Visual aid.
- Include everything.
- Work Together
- Accountability
- Zero Balance



# EMERGENCY FUND

- \$1000.00 in savings
- For EMERGENCIES ONLY!!!
- Not for Birthdays, Christmas, School Clothes
- For car breaks down, family emergency (illness or death), etc.



# ENVELOPE SYSTEM

- Place cash in envelope for some budget items
  - Food
  - Gas
  - Clothing
- Use this to pay for those items
- Adjust budget as necessary





# BUILD WEALTH, SLOWLY

Saving \$100 a month,  
every

month, for 40 years at  
12%

~~Key = START NOW!~~  
~~will build to \$1,176,477.~~



# DEBT SNOWBALL

1. List debts in descending order.
2. Payoff small debts first.
3. Add payment of those debts paid off to next debt.



The plans of the diligent  
Lead surely to plenty,  
But those of everyone who  
is hasty,  
Surely to poverty.

Proverbs 21:5





# FORGIVENESS

- Important and necessary.
- Everyone makes mistakes.
- Couples need to be walked through the process.
- “Tracks of Forgiveness”



# THERE IS HOPE

- Enhance Your Love Maps
- Nurture Your Fondness and Admiration
- Turn Toward Instead of Away
- Let Your Partner Influence You
- Solve Your Solvable Problems
- Overcome Gridlock
- Create Shared Meaning



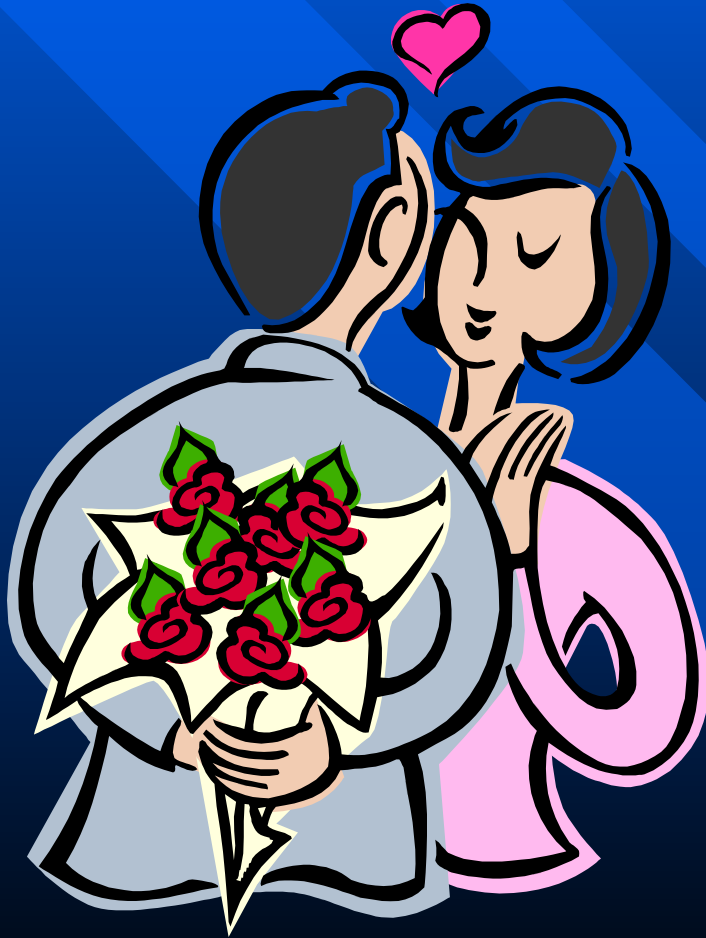
# 1. ENHANCE YOUR LOVE MAPS

- Know each other's world
- Knowledge is strength
- Nothing better than feeling known and understood





## 2. NUTURE FONDNESS AND ADMIRATION



- What attracted you to the other?
- Are your relationship memories good or bad?
- Antidote to contempt
- What makes you cherish your partner?





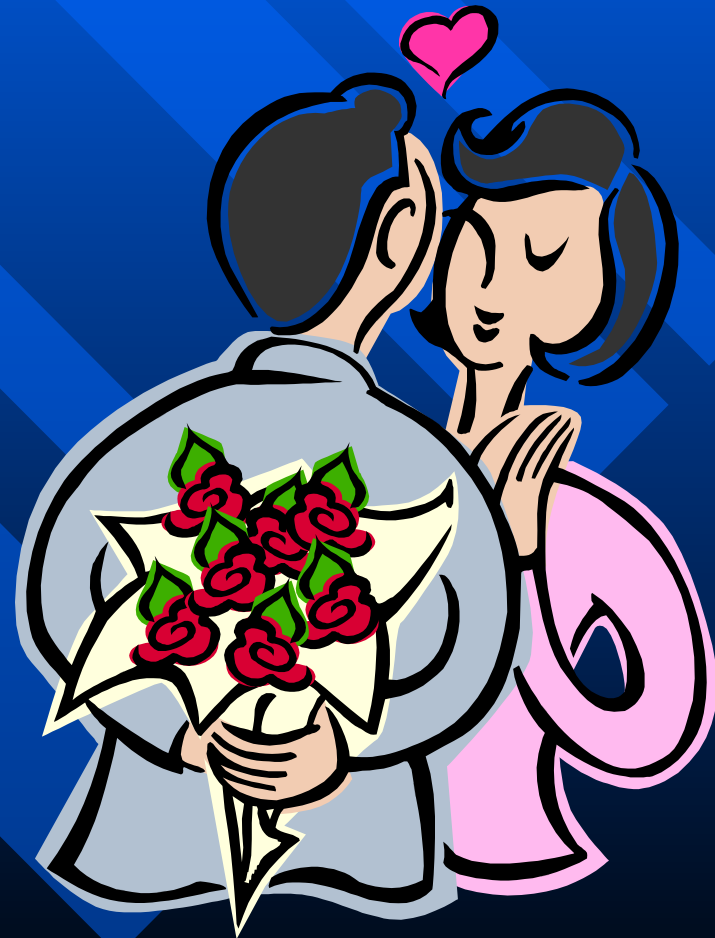
### 3. TURNING TOWARD EACH OTHER

- Happens in the supermarket.
- Happens when you give encouragement to your spouse.
- Happens when you read the paper together.
- Happens when you chat while eating lunch.
- Key to long lasting romance.



## 4. LET PARTNER INFLUENCE YOU

- A partnership in decision making.
- Men, we don't have to have it our way all the time.
- Share power in the relationship.
- Respect your wife.





# TWO TYPES OF MARITAL PROBLEMS

- Those that can be solved
- Those that cannot be solved



# SIGNS OF GRIDLOCK

- Feel rejected by your partner.
- Keep talking but make no headway.
- Entrenched in your position.
- Feel more frustrated and hurt.
- No humor, amusement or affection.
- Vilify your partner.
- Less willing to compromise.
- Disengage emotionally.



# 5. SOLVE THE SOLVABLE PROBLEMS

- Soften Your Startup
- Learn to Make and Receive Repair Attempts
- Soothe Yourself and Each Other
- Compromise
- Be Tolerant of Each Other's Faults



# SOFTEN YOUR STARTUP

- Complain but don't blame.
- Make "I" statements.
- Describe, don't evaluate or judge.
- Be clear.
- Be polite.
- Be appreciative.
- Don't store things up.



# MAKE AND RECEIVE REPAIR ATTEMPTS

- Learn to apply the brakes.
- Focus on how your partner applies the brakes.
- Make them formal and emphasize them.
- Practice!



# SOOTHE YOURSELF AND EACH OTHER

- Conflict can lead to “flooding.”
- Flooding is a sense of being overwhelmed.
- Your body reacts.
- Self-soothing relaxes you and keeps you from “flooding.”





# COMPROMISE

- This is the only solution to marital problems.
- The cornerstone of compromise:  
Accepting Influence



# BE TOLERANT OF EACH OTHER'S FAULTS

- Beware of the “if onlies.”
- Accepting each other “as is.”
- YOU CANNOT CHANGE YOUR SPOUSE!!!



## 6. OVERCOME GRIDLOCK

- Goal is not to solve the problem.
- Goal is to talk about it without hurting each other.
- Each of us has dreams that we want to share with our spouse.
- A goal of marriage is to help the other realize his/her dreams.



# 7. CREATE SHARED MEANING



- Spiritual dimension
- Creating an inner life together
- Symbols and rituals
- Fosters an ability to share convictions



# Thanks!



- Thanks to Chaplain Randy Imhoff for the content of this briefing.